

Millbrook Community Newsletter

NOVEMBER 2020



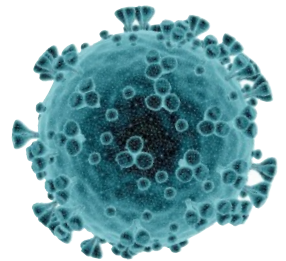
Important Announcements

For the latest corona virus information visit: <https://novascotia.ca/coronavirus/>
<https://www.millbrookband.com/covid-19-updates>

To see a visual on COVID-19 in Nova Scotia, please go to:
<https://novascotia.ca/Coronavirus/data>

The Eskasoni Crisis Line

Toll Free number 1-855-379-2099
(Mi'kmaw and English)



 **MILLBROOK
FIRST NATION**

TELEPHONE: (902) 897-9199
TOLL FREE: 1-(800)-693-3112
MILLBROOK BAND ADMINISTRATION
P.O. BOX 634
TRURO, N.S. B2N 5E5

Millbrook Band Office

Mailing Address

Millbrook Band
Administration
P.O. Box 634
Truro, NS. B2N 5E5

Business Hours

Monday- Thursday
8:30am-12pm / 12:30pm-4:30pm
Please make an appointment to meet
with staff.

Phone Numbers

Band Office
1 (902) 897-9199
Toll Free
1 (800) 693-3112

Website & Facebook Page

Millbrook's Website - www.millbrookband.com.

Millbrook's Facebook Page - <https://www.facebook.com/MillbrookFirstNation/>

Remember to e-mail the Communications Officer at communications@millbrookband.com to have your information posted online.

November's Millbrook Enterprise Credit

November's Millbrook Enterprise Credit **applications are available online.**
Applications have been mailed out to band members who provided their mailing address.

Social Assistance

Social Assistance Cheques are tentatively scheduled for: **November 5, & 19, 2020.**
Applications are available at the Reception desk at the Band Office.

ATTENTION SOCIAL CLIENTS: Nova Scotia Power Bills

It has come to the Social department's attention that some clients are having problems submitting Power bills for payment to the social department in a timely manner. Any social client can call NSPC at 1-888-428-6230 and request that they email me (margaretphillips@eastlink.ca) a current copy of your power bill for payment.
Thank you for your cooperation.

Chief and Council Meeting

The next Chief and Council meeting is scheduled for **Tuesday, November 10, 2020.**
The deadline for submissions or requests to see Council is **Thursday, November 6, 2020.**
Please submit to the Administrative Assistant, Jay Martin, Phone: (902) 897-9199 Ext. 110,
Fax: (902) 893-4785 or e-mail: jay.m@eastlink.ca.

December's Chief and Council meeting is **December 8, 2020.**

Chief and Council Meetings

November 2020

- **November 10** - Chief And Council Meeting at 9am at the Community Hall
- **November 17** - Chief and Council meeting at 9am (Consultation 9-11am, Economic Development 11-2pm, & Projects 2-4pm)

Newsletter Deadline

The Newsletter deadline is the 24th of each month.

Tuesday, November 24, 2020

You can make a contribution to the Millbrook Community Newsletter by sending your information to: communications@millbrookband.com, or by the website contact form (link)<https://www.millbrookband.com/contact>

By-Law Officer - Permits

If you are looking for any of the following PERMITS

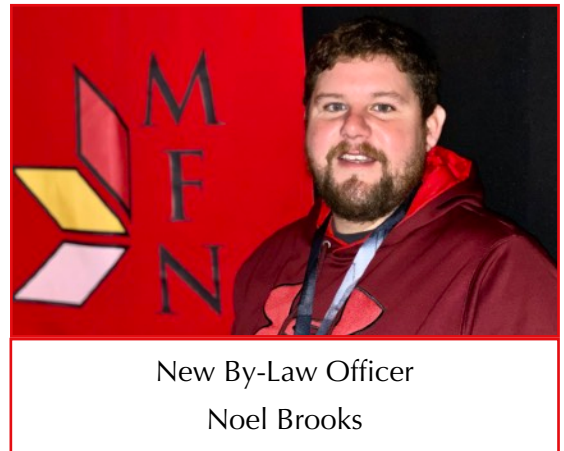
- Building
- Demolition
- Vendors

Please contact the Millbrook By-Law Officer Noel Brook

📞 902.897.9199 Ext. 121

📞 902.899.5240

📧 bylaw@millbrookband.com



Also Dogs tags will be available shortly, Please call By-Law for more information

For more information contact bylaw@millbrookband.com

Tutoring

Millbrook Employment and Training clients can be provided with tutoring services by reaching out the the NEO Carla Asprey to make arrangements. The hourly rate is \$15 per hour up to 10 hours per week.

- Native Employment Officer, Carla Asprey

Millbrook Post-Secondary Education Program - Tutoring

To access funding for a tutor students must provide a letter from the course instructor or their academic advisor stating a tutor is required. Tutoring is limited to 15 hours for a full year course at the rate of \$20.00 per hour.

If you have any questions please contact me at barryg@eastlink.ca or by telephone at 1-800-693-3112, Extension 116.

- Post-Secondary Director, Barry Gloade

Millbrook Addictions Worker

Millbrook Chief and Council decided to increase funding for Rehab clinics from 2 beds to 10 beds. Please contact Millbrook's Community Addictions Worker, Peter Gloade at (902) 897-1234 for more information.

Millbrook Sunday Skate

Millbrook R.E.C.C. Family Skate - Every Sunday Morning

Sunday morning ice times at the R.E.C.C. Starts at 8-9am, November 1, 8, 15, 22 & 29.

Covid Rules Apply

Deuille's Rink

Sundays evenings ice times starts at 6-7pm, November 8, 15, 22, 29

Limit to 10 people - Covid Rules Apply

11
NOVEMBER



**LEST
WE FORGET**



REMEMBRANCE DAY SERVICE

**10:45AM - MILLBROOK MEMORIAL MONUMENT
(CENOTAPH)**

**11:00 - MOMENT OF SILENCE PROCEEDED BY THE NAMES
OF ALL THE WREATHS IN MEMORY OF VETERANS**

**WREATHS WILL BE PRE-LAID. FAMILY MEMBERS ARE
INVITED TO THE CENOTAPH AS THEIR FAMILY MEMBER'S
NAME IS ANNOUNCED.**

**ALL COVID-19 PROTOCOLS WILL BE IN EFFECT.
MASKS ARE REQUIRED.**

- *No Mass or Procession. No Meal to follow.* •



Health Centre

Mailing Address

Millbrook Health
Centre
P.O. Box 634
Truro, NS. B2N 5E5

Business Hours

Monday- Thursday
8:30am-12pm / 12:30pm-4:30pm
**Please call the Health Centre to make
an appointment**

Phone Numbers

Health Centre
1 (902) 895-9468
Toll Free
1 (844) 895-9468

Mask-Wearing at the Millbrook Health Centre

Public Health Orders from Nova Scotia's Provincial Medical Officer of Health make mask wearing in public spaces mandatory.

You must wear a mask when you come for appointments at the Millbrook Health Centre, unless:

1. You provide us with a letter from your family doctor indicating that you cannot wear a mask for medical reasons. Please note that we do not need to know what the medical reason is.
2. Children younger than 2 or children between 2 and 4 who cannot keep the mask on.

We are doing all that we can to keep our staff and those who receive services at the health centre safe during this pandemic. We appreciate all those who have followed our protocols about mask-wearing at the health centre.

PLEASE BE MINDFUL TO TEXT OR CALL THE HEALTH CENTRE STAFF ON BUSINESS HOURS AND NOT AFTER HOURS. THANK YOU!

The Eskasoni First Nation's Crisis Line provides toll free telephone and online crisis support and is available 24 hours a day, 7 days a week. It is accessible to all Nova Scotia First Nations and other First Nations in the Atlantic region. Its services are provided in both Mi'kmaq and English.

Toll Free: 1-855-379-2099 902-379-2099 Website: www.facebook.com/eskasoni.worker/

The Elsipogtog First Nation's Crisis Line is available to all New Brunswick First Nations and other First Nations in the Atlantic region. It provides toll free telephone and online crisis support 7 days a week, as follows: Monday – Friday 9:00am – 11:00pm; Saturday and Sunday 4:00pm – 11:00pm.

Toll Free: 1-855-523-8260 506-523-8260 Website: www.facebook.com/elsipogtog.crisiscenter (also via Facebook Messenger)

The Hope for Wellness Help Line is available to Indigenous Peoples of Canada to access immediate, culturally safe telephone and chat crisis intervention support. The Line is available 24 hours a day, seven days a week, in English, French, and upon request, Cree, Ojibway, and Inuktitut.

Toll Free: 1-855-242-3310 Website: www.hopeforwellness.ca (for online chat option)

Safe Sharps Disposal During COVID-19:

Safely store sharps at home during the COVID-19 pandemic. Pharmacies are asking patients to store their used needles at home as they will not be accepting sharps during the pandemic. The Millbrook Health Centre has Sharps containers, so please call to pick one up. No used needles or Sharps containers should ever be put in the garbage or recycling for collection.

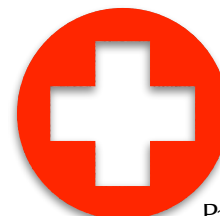
Medical Drivers

Donna Gloade

Home: (902) 895-9540 Cell: (902) 986-8842

Ella Paul

Cell: (902) 956-2679



Millbrook Health Centre Has Decided To Do a Question and Answer Segment for the Community on Questions We Frequently Are Asked.

If you have a question you would like answered, please put in an envelope for the Millbrook Health Centre and drop off in the mailbox located outside the Band office. Not all questions can be answered but we will do our best to include some questions and their answers in each Newsletter.

Millbrook Health Centre Q and A

Question: Why can't the doctor take calls that aren't scheduled.

Answer: The doctor is scheduled to see patients who have previously been booked for an appointment, so there is no time left for them to take an unscheduled call.

Question: Why is my appointment cancelled if I'm late.

Answer: Our appointments are 15 minutes long so if you are late for the appointment, the doctor cannot assess and treat you in that time frame. It also runs into the next person's appointment.

Question: Why can't I be fit in with my child's or spouse's doctor's appointment?

Answer: The appointment is for the patient who is scheduled in that time frame and the doctor would only be prepared ahead of time for that patient.

Question: Why can't the receptionists or nurses give out medical tests and bloodwork results?

Answer: Administration/Nurses do not have the training or authority to release any patient's test results. The doctor is the only person trained and authorized to give a patient the results of those tests. The only exception is if the doctor authorized staff to give that information to the patient, but this would rarely happen.

Please **WELCOME** the following Staff to the Millbrook Health Centre:
Tamie Markie – Medical Receptionist and **Christena Dykstra** – MPAL
(physical activity coordinator).



CHRISTMAS GRINCH PARTY

DEER LAKE: DEC. 5TH

SHEET HARBOUR: DEC. 8TH

COLE HARBOUR: DEC. 9TH

MILLBROOK: DEC. 15TH & 16TH

DUE TO THE PANDEMIC AND HEALTH
REGULATIONS IN A NUMBER OF FACILITIES,
THE MILLBROOK COMMUNITY
CHRISTMAS PARTY
WILL BE HELD ON THE TWO SEPARATE DAYS.
MORE INFO TO COME FOR ALL CHRISTMAS
PARTIES. PLEASE BE PATIENT!

SUNSHINE BERNARD
MILLBROOK COMMUNITY WELLNESS
COORDINATOR

IT'S OKAY, TO NOT BE OKAY.

**HELP IS AVAILABLE
WHENEVER YOU NEED IT.**

HOPE FOR WELLNESS
HELP LINE AND CHAT

1-855-242-3310

HOPEFORWELLNESS.CA

PROVINCIAL MENTAL HEALTH AND
ADDICTIONS CRISIS LINE

902-429-8167 OR

1-888-429-8167

KIDS HELP PHONE

1-800-668-6868 OR

TEXT CONNECT TO 686868

ESKASONI MI'KMAW CRISIS AND
REFERRAL LINE:

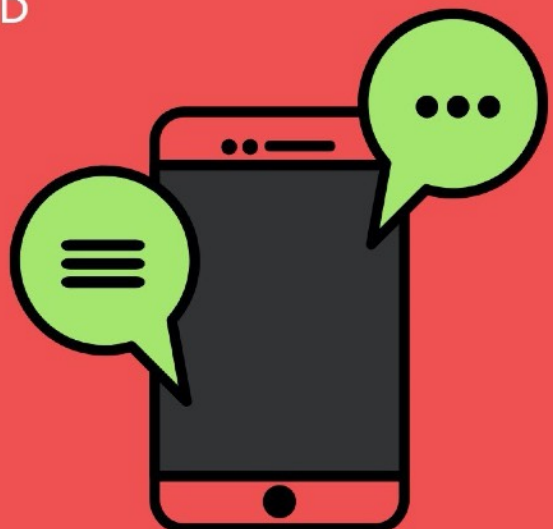
AVAILABLE TO MI'KMAQ
COMMUNITIES 24/7,
PROVIDING CRISIS SERVICES
IN ENGLISH AND MI'KMAW.

1-855-379-2099 (TOLL-FREE)

902-379-2099

EMERGENCY

911




THANK YOU TO ALL WHO VOLUNTEERED FOR THE HAUNTED TRAIL!

**SHEILA PIERRO
JILEEN, SIPU AND WARREN JIJ
NATASHA, EUGENE AND MACK
LESLIE GLOADE
IYLAH NICKERSON
JT MARTIN
ISA MARTIN
MEIKA MARTIN
CHRISTINA BROOKS
BRADY GOOGOO
JENAE BERNARD
MADELYN BERNARD
HUNTER MARSHALL N FRIEND
GLEN MACLEAN
NOLAN MARTIN
ANDY JOHNSON**



**FROM:
SUNSHINE BERNARD
MILLBROOK WELLNESS COORDINATOR
& #TEAMHEALTHCENTRE**



NOVEMBER 2020 – Millbrook Health Centre						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Dr. Blois Dr. Bauld Gladys David Dr. Vance	3 Dr. Blois Gladys Missy Dr. Phil	4 Dr. Blois Meaghan David Szonja	5 Dr. Blois Szonja Michelle Missy	6 CLOSED?	7
8	9 Dr. Blois Dr. Kelly Gladys David	10 Dr. Blois Gladys Missy	11 CLOSED 	12 Dr. Blois Szonja Missy	13 CLOSED?	14
15	16 Dr. Blois Dr. Kelly Gladys David Dr. Vance	17 Dr. Blois Gladys Missy Dr. Phil	18 Dr. Bauld Dr. Blois David Szonja	19 Dr. Blois Missy Szonja DROP OFF NEEDLE BOXES/OLD PRESCRIPTION/HOUSEHOLD BATTERIES BETWEEN 10:30-11:30 and 2:00-3:00 pm ONLY	20 CLOSED?	21
22	23 Dr. Blois Dr. Kelly Gladys David	24 Dr. Blois Gladys Missy Dr. Phil	25 Dr. Blois David Szonja	26 Dr. Blois Szonja Michelle Missy	27 CLOSED?	28
29	30 Dr. Blois Dr. Vance David Gladys					

November 2020 Millbrook Enterprise Credit Applicants

All completed **Direct Deposit** applications will be deposited on **November 12th, 2020**. **Completed applications must be received by October 29th, 2020 @ 12:00 noon**.

Completed applications requested to be issued by **Mail** will be released **November 26th, 2020**. **Completed applications must be received by November 19th, 2020 @ 12:00 noon**.

Applicants requesting direct deposit must provide one of the two listed documents.

- Void Cheque belonging to the applicant
- Direct Deposit Form from applicant's bank

Please note:

- Handwritten banking information and bank accounts not belonging to the applicant are no longer accepted.
- Please add the full mailing address; our financial team is updating to a new system.
- Reminder to Band members, it is their responsibility to provide a copy of their status card or proof of status.



Millbrook Enterprise Credit

Application Form

P.O. Box 634, Truro, N.S. B2N 5E5

Office use only: Received this ___ day of ___ A.D. 2020/21
Band Administrator or his designate _____

Please Select: Mail ___ Direct Deposit ___
First Name: ___ Middle Name: ___ Last Name: ___
Band # of Applicant: ___ Date of Birth: Day ___ / Month ___ / Year ___
Telephone# () ___ - ___ E-mail: ___
Complete Mailing Address: _____

I authorize the Millbrook Band permission to use the above information for all communication purposes regarding band matters: Yes ___ No ___

All Millbrook Band Members are entitled to apply for the November 26th, 2020 Millbrook Enterprise Credit.

By signing this application, I, the applicant, do hereby agree and authorize the Millbrook Band to pay from my Millbrook Enterprise Credit Funds, any money I owe to the Millbrook Band as of the date of my application. Any Millbrook Enterprise Credits payable to Band Members under 19 years of age will be placed in a trust fund. When that Band Member attains the age of 19, he/she may apply through the Millbrook Band to have his/her Millbrook Enterprise Credit money released from trust. And I also acknowledge this Millbrook Enterprise Credit cannot be assigned to a third party and is only payable to the applicant. If you have any questions, please call 1-800-693-3112 or 902-897-9199.

Please note: Applications must be fully completed to be considered for this credit of \$1250.00 (One thousand two hundred fifty (Canadian) Dollars). The deadline is February 24th, 2021. Any application not received, or post marked on or after this date will not be accepted. Faxed Applications will not be accepted, please mail!

A legible photocopy of Certificate of Indian Status (front and back) is required. If you do not have a Certificate of Indian Status, proof must be obtained from the Millbrook Membership Clerk. (902)895-6385, Ext. 234. Or by e-mail at: membership@cmmns.com

Dated this ___ day of ___ A.D. 2020/21

Signature of Applicant _____ Witnessed by _____

Office use only: Approved () Not Approved ()
By _____ and by _____
This ___ day of ___ A.D. 2020/21

Cheque # _____ Date: _____